

Tramp and Tumble Testing	Bronze	Silver	Gold
Tramp	Straight Jump, Check Landing	1/2 Turn to Hands and Knees (and reverse)	1/2 Twist to Back Drop (and reverse)
	Tuck Jump	1/2 Turn to Seat Drop (and reverse)	1/2 Twist to Front Drop (and reverse)
	Pike Jump	Back Drop to Feet	Back Drop to Front Drop (and reverse)
	Straddle Jump	Front Drop to Feet	Seat Roller (Seat Drop, 1/1 Twist, Seat Drop)
	Hands and Knees Drop	1/1 Turn	Cat Twist (Back Drop, 1/1 Twist, Back Drop)
	1/2 Turn	Seat Drop to Front Drop (and reverse)	Cradle (Back Drop, 1/2 Twist, Back Drop)
	Seat Drop	Swivel Hips	3/4 Front Sault
	5 Skills in a Row	8 Different Skills in a Row	10 Skills in a Row
Double Mini Tramp	Straight Jump, Straight Jump, Straight Jump	Straight Jump, Tuck Jump, 1/2 Twist (and reverse)	Straight Jump, - , Pike Jump
	Straight Jump, Straight Jump, Tuck Jump (and reverse)	Straight Jump, Pike Jump, 1/2 Twist	Straight Jump, - , Straddle Jump
	Straight Jump, Straight Jump, Pike Jump (and reverse)	Straight Jump, Straddle Jump, 1/2 Twist	Straight Jump, - , 1/2 Twist
	Straight Jump, Straight Jump, Straddle Jump (and Reverse)	Straight Jump, 1/2 Twist, Straight Jump	Straight Jump, 1/2 Twist, Tuck Jump
	Straight Jump, Tuck Jump, Straddle Jump	Straight Jump, Tuck Jump, 1/1 Twist	Straight Jump, 1/1 Twist, 1/2 Twist
	Straight Jump, Straddle Jump, Tuck Jump	Straight Jump, Straddle Jump, 1/1 Twist	Straight Jump, 1/1 Twist, 1/1 Twist
	Straight Jump, Straight Jump, 1/2 Turn	Straight Jump, 1/1 Twist, Tuck Jump	Straight Jump, Tuck Jump, 3/4 Front Sault
	Straight Jump, Pike Jump, Pike Jump	Straight Jump, 1/2 Twist, 1/2 Twist	Straight Jump Straddle Jump, 3/4 Front Sault
Tumbling	Run, Punch	Power Hurdle, Cartwheel	Handstand Flatback
	Power Hurdle	Round Off Down Wedge	Power Hurdle Round off
	Forward Roll Down Wedge to Stand	Handstand Forward Roll	Handspring Flatback From Board to Crash Mat
	Forward Roll on Floor to Stand	Backwards Roll on Floor	Handspring on Tramp
	Backward Roll Down Wedge to Tuck	Run, Dive Roll From Board to Crash Mat	Backflip on Tramp
	Cartwheel Finish in Star	Handstand Forward Roll, Forward Roll, Jump 1/2 Twist, Backwards Roll, Tuck Jump	Power Hurdle Round off, Jump 1/2 Turn Step out, Cartwheel, Round off
	Run, Straight Jump From Board to Two Crash Mats	Back Flip Over Blue Cheese Wheel	3/4 Front Sault on Tramp
	Straight Jump off 60cm Box to Motorbike	1/1 Twist on Tramp	Standing 3/4 Front Sault into Pit